

## Sexual Health Education Grade 5

# Sexual Health Education Curriculum Grade 5

The following lessons have been created to meet the sexual health education needs of students in 5<sup>th</sup> grade.

### Alignment with National Standards

Chicago Public Schools (CPS) and the Office of Student Health and Wellness (OSHW) have created this lesson sequence to align with the National Sexuality Education Standards (NSES) that were developed by the Future of Sex Education (FoSE). Lessons address standards in the topic areas of; anatomy and physiology, identity, pregnancy and reproduction, healthy relationships, and personal safety. The NSES provides a framework to address the essential minimum requirements for comprehensive sexual health education. By addressing each of these standards within the context of the following lessons, CPS ensures that key components of student's health and development are addressed.

Standards met within the context of individual lessons are listed at the top of each lesson plan. Further tracking by standards can be found within the *NSES Tracking by Grade Level* tool.

### Meeting CPS Policy

In compliance with CPS Sexual Health Education Policy, the lesson sequence for 5<sup>th</sup> grade is; developmentally appropriate, support improved health outcomes for all students, focus on health promotion and risk reduction, are medically and scientifically accurate, holistic in approach, and consistent with state laws.

Through the use of essential classroom based lessons and activities, extended activities, and recommended resources, the lessons in this section succeed in meeting the minimum 675 minutes required for 5<sup>th</sup> grade.

The Activities section of lesson plans for 5<sup>th</sup> grade cover key concepts required to meet the national standards listed at the top of each lesson plan. The accumulation of these activities may **not** meet the total minutes required. Extension Activities outlined at the end of some lesson plans build upon key concepts through group work, individual projects, group reading, and take-home activities that engage parents / guardians in the learning process. **All Extension Activities are optional** however some may be needed to fulfill minute requirements. Educators should use the *Minutes Tracking by Grade and Topic Area* tool to assess whether the extension activities are needed to meet minimum teaching minute requirements.

Lessons for 5<sup>th</sup> grade students meet CPS policy requirements to provide comprehensive sexual health education beginning at this grade level. Lesson 5 – Abstinence and Contraceptives meets the following standards:

- Define abstinence and contraceptive methods in relation to human reproduction.
- Explain the role of abstinence and contraceptives in preventing pregnancy.

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- Explain the role of abstinence and contraceptive methods in preventing sexually transmitted infections and HIV.
- Describe the steps to using a condom correctly (demonstration with principal notification).

The learning objective is for student's to recognize abstinence as the developmentally appropriate sexual behavior for 5<sup>th</sup> graders. Contraceptive methods are introduced as methods that people who choose to become sexually active at some point in their lives use to prevent pregnancy and sexually transmitted infections. Teachers should determine what is developmentally appropriate for their 5<sup>th</sup> grade class and stopping points are provided in lesson for those teachers who decide to do so.

### **Materials**

Materials required for the completion of 5<sup>th</sup> grade lessons include books and videos. Books required for the lessons and Extension Activities are available through Chicago Public Libraries and/or by contacting Dianne Reyes ([dereyes4@cps.edu](mailto:dereyes4@cps.edu)) in the Office of Student Health and Wellness. Videos are available on Safari Montage or by contacting Dianne Reyes ([dereyes4@cps.edu](mailto:dereyes4@cps.edu)) in the Office of Student Health and Wellness.

All other materials are listed in the Materials section of each lesson. Reproducibles and PowerPoints are provided. Occasionally materials are listed that must be gathered in advance by the teacher.

### **Internet Safety Policy Alignment**

Common Sense Media is the adopted CPS curricula supported by the Office of Education Tools and Technology and fulfills CPS Policy 12-0627-PO2 and the Child Internet Protection Act. Common Sense Media lessons build on key concepts conveyed in the Sexual Health Education curriculum. Common Sense Media topics reinforce NES and aid instructors in meeting the required teaching minutes outlined in the CPS Sexual Health Education Policy.

Prior to beginning the unit, educators should register for FREE access to Common Sense Media Curriculum at [www.common sense media.org](http://www.common sense media.org). The full scope and sequence of the curriculum can be found under the Digital Citizenship link under the Educators dropdown menu on Common Sense Media's homepage. Educators are encouraged to review the site and make use of additional teaching tools to fulfill CPS Policy 12-0627-PO2 and augment sexual health education.

### **Lesson Sequencing**

It is recommended that lessons be implemented progressively by unit and grade as outlined below. However, based on the pre-assessment and educator's assessment of baseline student knowledge on key topics and subjects, lessons from previous or subsequent lessons may be used to augment the recommended unit. **All grade levels and lessons are available to all teachers for use.**

### **Units and Lessons**

The following lessons comprise the 5<sup>th</sup> grade Sexual Health Education curriculum:

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Lesson 1: Puberty – Students learn about the physical, social, and emotional changes of puberty, including changes specific to male and female bodies.

Lesson 2: Adolescent Health and Hygiene – Students learn proper hygiene practices to keep their growing bodies healthy.

Lesson 3: Self-Esteem and Body Image – Students explore the influence of media and social culture on their changing body image.

Lesson 4: Human Reproduction – Students are introduced to concepts in human reproduction and explore how puberty prepares the body for reproduction.

Lesson 5: Abstinence and Contraceptives – Abstinence is stressed as a developmentally appropriate sexual practice. Hormonal and barrier method contraceptives are introduced as ways to prevent pregnancy and STIs.

Lesson 6: HIV – HIV is defined as a sexually transmitted disease, and students learn ways to protect themselves from transmission of HIV and other sexually transmitted infections. Abstinence is stressed as developmentally appropriate sexual behavior.

Lesson 7: Gender and Identity – Students learn the difference between sex and gender and brainstorm ways to show respect to different ways of gender expression.

Lesson 8: Personal Safety and Abuse – Students identify behaviors of sexual abuse and harassment and learn techniques for protecting themselves sexual abuse and harassment.

Lesson 9: Identifying Resources and Review – Students review key concepts from the unit and identify resources of medically-accurate information on puberty, human reproduction, and personal safety.

### **Evaluation**

Students in 5<sup>th</sup> grade are evaluated based on their understanding of key concepts, vocabulary, and facts from the lessons. Each lesson provides points of evaluation for educators to consider. A pre-test and post-test are provided to give a quantitative evaluation of student knowledge before and after sexual education. The pre-test and post-test can be administered by handing out copies of the assessment or by projecting the assessment for completion in the student's *Sexual Health Portfolio* or student journal.

A *Table of Contents* activity is presented at the beginning of each grade level unit. This activity allows students to reflect and record key points learned in each lesson. The activity also asks students to set goals that reflect each topic area. Goal setting provides students the opportunity to apply topics to their own life and create a plan to act out healthy sexual decisions. Students are asked to complete the *Table of Contents* as a part of their *Sexual Health Portfolio*. Both the *Table of Contents* and *Sexual Health Portfolio* are explained in greater detail in Lesson 1.

### **Lessons Written By**

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Grade 5 Lesson 6 – HIV written by:

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### **References and Sources:**

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